

APRIL

UF HEALTH FITNESS AND
WELLNESS CENTER

**PICTURED: CENTURY
TOWER AT UF**

**CORE ISSUES
NEWSLETTER 2017**

**EXERCISES AND
RECIPES INSIDE!**



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Learn about the dangers of stress and how to cope with stress successfully.

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NATIONAL STRESS AWARENESS MONTH

"The greatest weapon against stress is our ability to choose one thought over another."

Stress happens. Sometimes it's unavoidable, at times it's unbearable. That's why taking time for yourself is invaluable. It's healthy to relax, renew, and rejuvenate.

Stress Awareness Month is a national, cooperative effort to inform people about the dangers of stress, successful coping strategies, and harmful misconceptions about stress that are prevalent in our society. Stress does not merely afflict your mind; it can also affect you on a cellular level. In fact, long-term stress can lead to a wide range of illnesses—from headaches to stomach disorders to depression—and can even increase the risk of serious conditions like stroke and heart disease. While you can't avoid stress, you can minimize it by changing how you choose to respond to it.

Effective stress management helps you break the hold stress has on your life, so you can be happier, healthier, and more productive. The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun—and the resilience to hold up under pressure and meet challenges head on. But stress management is not one-size-fits-all. That's why it's important to experiment and find out what works best for you. The following stress management tips can help you do that.

STRESS MANAGEMENT TIPS

▼ 1: Identify sources of stress

This isn't as straightforward as it sounds. While it's easy to identify major stressors such as moving or a going through a divorce, pinpointing the sources of chronic stress can be more complicated. It's easy to overlook how your own thoughts, feelings, and behaviors contribute to your everyday stress levels.

To identify your true sources of stress, look closely at your habits, attitude, and excuses.



▼ 2: Replace unhealthy coping strategies.

Are your coping strategies healthy or unhealthy, helpful or unproductive? If your methods of coping with stress aren't contributing to your greater emotional and physical health, it's time to find healthier ones. No single method works for everyone or in every situation, so experiment with different techniques and strategies.



▼ 3: Practice the 4 A's

While stress is an automatic response from your nervous system, some stressors arise at predictable times—your commute to work, a meeting with your boss, or family gatherings, for example. When handling such predictable stressors, you can either change the situation or change your reaction. Think of the four A's: avoid, alter, adapt, or accept.

1. Avoid unnecessary stress.
2. Alter the situation.
3. Adapt to the stressor.
4. Accept the things you can't change.

STRESS MANAGEMENT TIPS



▼ 5: Connect to others.

Face-to-face interaction triggers a cascade of hormones that counteracts the body's defensive "fight-or-flight" response. It's nature's natural stress reliever (as an added bonus, it also helps stave off depression and anxiety). So make it a point to connect regularly—and in person—with family and friends.

▼ 4: Get moving!

When you're stressed, the last thing you probably feel like doing is getting out and exercising. But physical activity is a huge stress reliever—and you don't have to be an athlete or spend hours in a gym to experience the benefits. Exercise releases endorphins that make you feel good, and it can also serve as a valuable distraction from your daily worries.



▼ 6: Make time for fun and relaxation.

Don't get so caught up in the hustle and bustle of life that you forget to take care of your own needs. Nurturing yourself is a necessity, not a luxury. Set aside leisure time. Include rest and relaxation in your daily schedule. Do something you enjoy every day. Relaxation techniques such as yoga and deep breathing activate the body's relaxation response, a state of restfulness that is the opposite of the mobilization stress response.



YOGA BALL EXERCISES

EXERCISES OF THE MONTH



(1) JACKKNIFE- Lie facedown with the top of your feet resting on the ball and your arms holding you up off the floor. Slowly squeeze your core and lift your knees up to your chest. Add a push-up in between reps for an added challenge!



(2) LUNGE- Stand with stability ball behind you. Balancing on your right foot, place your left shoe onto the ball behind you. Bend your front leg as you roll the ball away from you with your left foot. Pull your back leg in to start position.



(1) OPPOSITE LIMB EXTENSIONS - Lay facedown with belly on ball, hands underneath your shoulders, and feet apart. Simultaneously lift your right arm and your left leg straight out. Hold for two seconds and then release back to the ground. Repeat on opposite side.



(1) CHEST FLY- Holding a pair of dumbbells, place your shoulder blades on top of the ball. Raise dumbbells together straight above chest, palms facing in. Slowly lower arms out to the side with a slight bend in your elbow. Squeeze chest and bring hands back together at the top.

RECIPES OF THE MONTH

Article by Jamie Smith

Berry Blue Frozen Dessert

INGREDIENTS

4 cups blueberries, fresh or frozen
 ¼ cup granulated sugar
 1 cup vanilla yogurt, 1% or nonfat
 1 tablespoon lemon juice

DIRECTIONS

Toss 2 cups berries with sugar. Let stand for 45 minutes, stirring occasionally. Transfer berry-sugar mixture to food processor. Add yogurt and process until smooth. Strain through fine sieve. Pour into baking pan (or transfer to ice cream maker and process according to manufacturers' directions). Freeze uncovered until edges are solid but centre is soft. Transfer to processor and blend until smooth again. Return to pan and freeze until edges are solid. Transfer to processor and blend until smooth again. Fold in remaining 2 cups of blueberries. Pour into plastic mold and freeze overnight. Let soften slightly to serve.



Turkey Stuffed Peppers

INGREDIENTS

1 lb 93% lean ground turkey
 1 garlic, minced
 ¼ onion, minced
 1 tbsp chopped fresh cilantro or parsley
 1 tsp garlic powder
 1 tsp cumin powder
 1 tsp kosher salt
 3 large sweet red bell peppers, washed
 1 cup fat free chicken broth
 ¼ cup tomato sauce
 1 ½ cups cooked brown rice
 Olive oil spray
 6 tbsp part skim shredded cheddar cheese*

TIP:

Use dairy and fruit

INSTRUCTIONS

Heat oven to 400°F. Lightly spray olive oil spray in a medium nonstick skillet and heat on medium heat. Add onion, garlic and cilantro. Saute about 2 min, add ground turkey, salt, garlic powder, and cumin. Cook meat for 4-5 min until meat is completely cooked through. Add tomato sauce and 1/2 of chicken broth. Mix well. Simmer on low for about 5 min. Combine cooked rice and meat together. Cut bell peppers in half lengthwise, and remove all seeds. Spoon 2/3 cup meat mixture into each pepper half. Place in a baking dish. Top each with 1 tbsp cheese. Pour the remainder of the chicken broth on the bottom of the pan. Cover tight with aluminum foil. Bake for about 45 min. Carefully remove the foil and serve right away.

MEMBER SPOTLIGHT

Jason Mount has been a member of the UF Health Fitness and Wellness Center for more than a year. We asked him a few questions about his experience here.

CURRENT OCCUPATION:

UF Health in the Academic Health Center IT on the Windows server and virtualization team.

HOW HAS TURBO FIT HELPED?

Jason has noticed that the exercises help him with his play and recovery on his co-ed softball team.

HOW DID YOU HEAR ABOUT THE GYM?

Jason was referred by Todd Reeger and has been returning for Turbo Fitness classes since January 2016.

WHAT IS YOUR FAVORITE THING ABOUT TURBO FITNESS?

Jason is grateful for the instructions and encouragement he receives from the staff.

WHAT WERE YOUR HEALTH GOALS WHEN YOU FIRST JOINED?

Improving flexibility and core strength.

FUN FACT:

Born and raised in Gainesville but attended college in Orlando at the University of Central Florida

Jason entering the gym before Turbo Fitness class

Turbo Fitness classes are a 30 circuit training class focusing on both upper body and lower body as well as core.



LOCAL EVENTS

EVERY WEDNESDAY - GENTLE YOGA FOR HEALTH

Practice this stress management technique!
Free gentle yoga sessions for patients, family,
staff, and the Gainesville community. every
Wednesday from 4:15-5:15PM.

4/8 - 2017 SWAMP CHALLENGE

The 2017 Swamp Challenge is expertly designed
to incorporate fitness and fun into the ultimate
venue: Ben Hill Griffin Stadium (aka 'The
Swamp'). The event features 3 unique divisions -
Kids Adventure Race, Adult Adventure Race,
and Fitness Competition.

4/22 - DE-STRESS WITH BREATH & RENEW WITH GRATITUDE

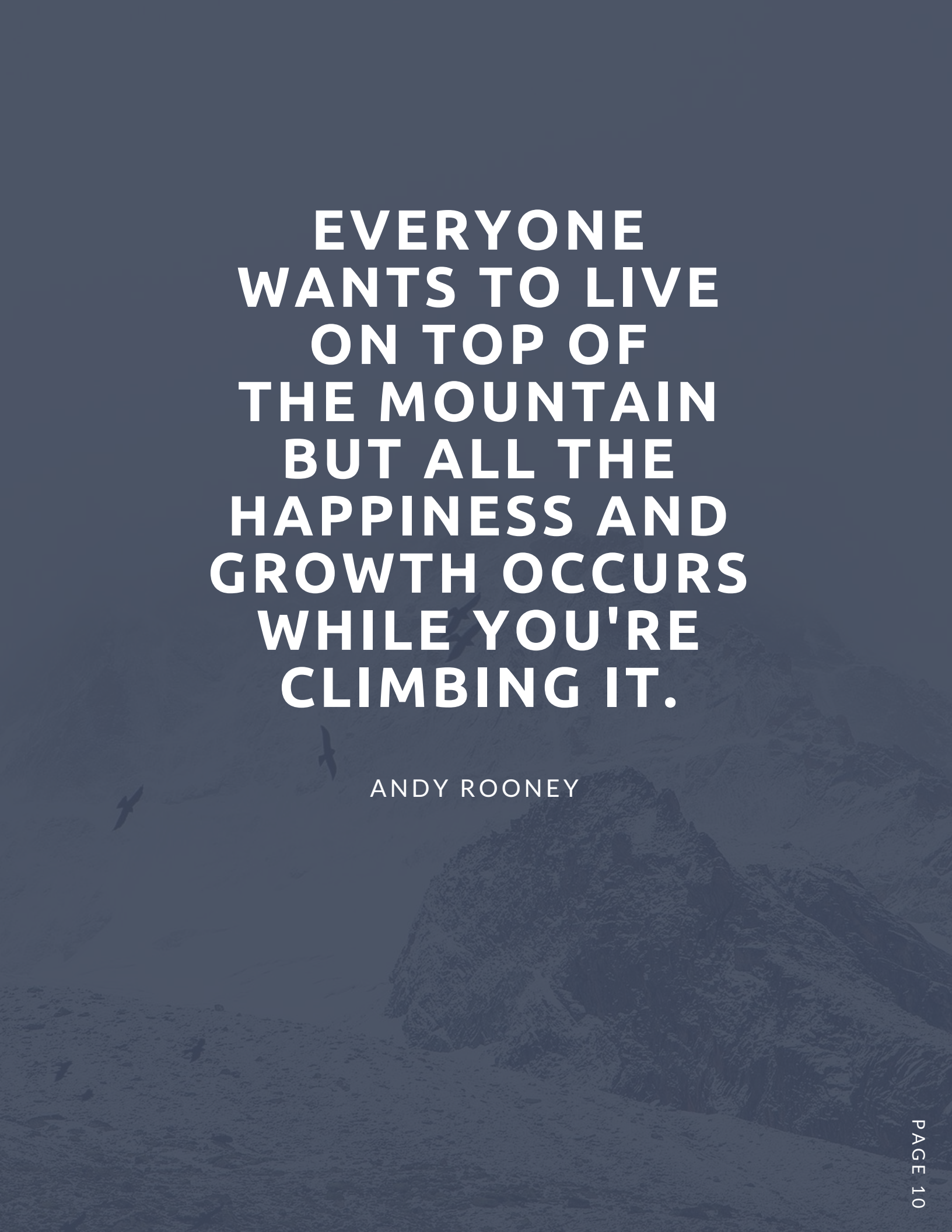
Using breathing practices, guided imagery and
meditative awareness, discover self-care tools
to stimulate and strengthen your natural
capacity for happiness and ease.

4/22 - HOGTOWN 5K RUN

Enjoy this unique cross-country run which
winds park trails and loops through Haile
Plantation. Adult runners can enjoy a delicious
drink at the finish line, along with plenty of
family-friendly refreshments, live music and
entertainment. There's something for everyone.

All proceeds benefit the Climb for Cancer
Foundation supporting cancer patients and
their families at UF Health..





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